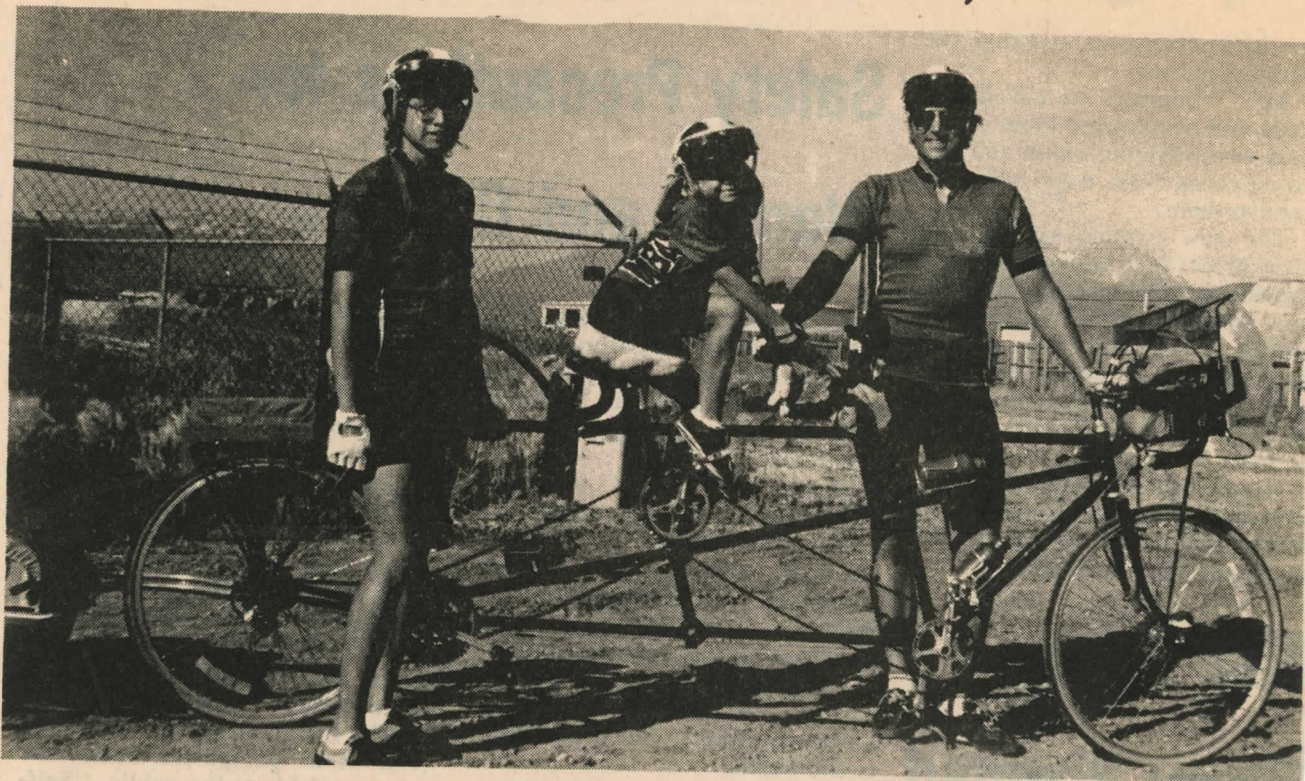


8B Wasatch Wave Heber City, UT 84032 Thursday, July 19, 1984

## Diabetes Trip Has Raised \$8,181



Eric, Cara and Maureen paused in front of the Wave Office on their 2,700 mile trip for diabetes. The family

is lecturing along the way to educate people about diabetes.

HEBER CITY—"I'm surprised how enjoyable this trip has been," said Maureen Mould, of South Ben, Ind. "and the people what we have met, has intensified the pleasure."

Riding a bicycle built for three over 2,700 miles may not seem like much of a joy ride, but when a person suffers from diabetes, it is easy to see that each mile would be enjoyable.

Many diabetics are held to a limited activity schedule since there is a difficulty in keeping their disease in control. Most manage the disease rough eating habits, diet, exercise, and if necessary, medication. Maureen is no different.

During this trip she has had to monitor carefully what she eats, monitoring her exercise with a pulse watch, and keeping her blood glucose level in control with a Glucometer Reflectance Photometer, created by Ames Division Miles Laboratories, Inc.

"I have to take a reading every two hours," she explained of the

Glucometer. The instrument gives Maureen almost instant reading on how her diet, exercise, medication and the stress of travel are affecting her blood sugar.

The family, Maureen, husband Eric, and four-year-old daughter Cara, arrived in Heber City on

Thursday, after spending the night at the Green Acres, in Heber City.

To date, they had traveled a total of 1839 miles in just 41 days.

The bicycle is built with a seat for Cara in the middle, and she has her own peddles. Cara explained that the hardest part of the trip so far was traveling over Craig, Colorado to the Utah border, since there were so many mountains.

The trio has averaged approximately 50-70 miles a day. They have had to fight weather, flat tires, broken parts, and pesty motorists. But through it all, they have enjoyed their trip, because the number of good experiences have outweighed the bad.



# Diabetes Hasn't Stopped Maureen



Eric, Cara and Maureen Mould are biking their way across the west as an effort to help fight diabetes. Maureen is blind because of diabetes.

*12 July 1984*

She could probably never drive a car legally, and there are numerous things that she has trouble with, but she can excel, and has, as she and her husband and daughter have made their way to Heber City on a bicycle.

Arriving in Heber City on July 14, it is a small stop on the families long ride of 2,700 miles.

Diabetes has robbed her of most of her sight and threatens to make her completely blind one day, but she is determined to combat the blinding disease.

Maureen Mould, and her daughter Cara, and husband Eric, are peddling across the country on a bicycle-built-for-three to raise money to fight diabetes. Their trip, which began at South Bend, Ind., will take them all the way to Seattle, Wash., a distance of 2,700 miles and will be the longest bicycling trip on a tandem bike.

It was Eric's support and Maureen's inspiration from diabetes that hooked them on biking. When Maureen, a former school teacher now employed by World Book, Inc., could no longer play tennis because of her sight, Eric started her riding.

"We started biking because Maureen lost her sight and we wanted to do something outdoors. She was able to ride on the back of a tandem...and it went on from there," Eric says. For the cross-country trip, a bicycle built-for-three is being used so the whole family can participate.

Maureen, who was diagnosed a diabetic when she was six years

years to live with diabetes, they should be educated on diabetes management as soon as they're diagnosed. Young children have to understand the disease so they can understand why they have to do things different from their peers," she explains.

Diabetes research is making great strides in finding ways to manage the disease which is the third leading cause of death and the leading cause of blindness. Maureen cites recent breakthroughs that may prevent her from becoming totally blind. The future, she notes, may even bring tests which can predict diabetes and possibly prevent it in children of diabetic parents, such as her daughter Cara, who may be predisposed to the illness. "That's something worth pedaling for," Maureen says.

Diabetics manage their disease with diet, exercise and if necessary, medication. So, especially during the tour, Maureen is watching what she eats, monitoring her exercise with a pulse watch, and keeping her blood glucose level in control with a Glucometer Reflectance Photometer, created by Ames Division, Miles Laboratories, Inc. The instrument gives Maureen almost instant readings on how her diet, exercise, medication, and the stress of travel are affecting her blood sugar. Although Maureen is considered legally blind, she can still see the Glucometer instrument's large digital readout of her blood sugar levels.

Maureen uses the instrument

activity. The Glucometer instrument is a definite godsend for any diabetic."

But the Moulds have been doing more than just burning calories to raise money for this trip. They are spending time and energy giving presentations on diabetes. They discuss what symptoms to look for, complications of the disease and assure other diabetics that they, too, can lead a less regimented life style if proper diabetes control is maintained.

The Moulds receive donation pledges for \$50 to \$400 at every

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presentation and promise, to "stop any place people want to hear about diabetes and how to control it."

The Joslin Diabetes Center, a major diabetes research clinic in Boston, will be the primary beneficiary of the Mould's fund raising efforts.

All the money raised will go into a holding account at the St. Joseph Bank and Trust Co. in South Bend. To make a donation to fight diabetes send a check or money order payable to BETA; Box 4701, South Bend, Ind. 46634.

Keith Horner questioned the ability of the funding, and

"trashy."